

Futuristic Fitness

By **Jennifer Nachshen** | February 17, 2012



We know we're supposed to work out 3-5 times every week, but these days we just can't seem to fit getting fit into our schedules. So when we hear about a service that can boost our efforts, we're going to give it a try.



We recently stopped by [Clinique Éternité](#) to try two gut-busting machines: The Power Plate and the Icoone.

The Power Plate may look like a segway, but that's where the similarities end. With intense vibrations that stimulate muscles and increase circulation, the Power Plate works the innermost muscles and challenges your core. We tried a half-hour session, expecting the kind of passive exercise you see in old Flinstones show. But after just a few squats our legs were crying out for relief. Just a piece of advice: The first few minutes can feel a little disorienting, but soon you'll be rocking out to the good vibrations.

Cost: 1 trial session = \$50, 10 sessions = \$350 (with a trainer)



Clinique Éternité is also one of the few places in Montreal offering the [Icoone system](#) to target cellulite and increase circulation. The comfortable cotton one-piece one may make you look like you're from the future, but the real science lies in the patented Icoone technology. Though it looks like a big, scary vacuum, it's really a system of rollers that breaks up fat deposits and unclogs the lymphatic system. It's a bit uncomfortable in spots, but overall feels like a deep tissue massage. Apparently, many women come in weekly, or even twice a week, to get smoothed into submission (we almost got her to name the celebs, but she kept mum). If you aren't a celebrity/socialite with time and money to spare on twice-weekly treatments, we might recommend a session or two right before you have to sport a strapless ballgown or skintight sheath. It will make you feel great, smooth off a couple of inches, and temporarily de-wobble your wobbly bits, though (sadly) it won't replace good old-fashioned exercise for body benefits.

Cost: 1 30-minute session = \$80, 10 sessions = \$750

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